

-continued

Ala Ser Tyr Leu Ser Thr Ala Ser Ser Leu Glu Tyr
 1 5 10

<210> SEQ ID NO 35
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 <212> TYPE: PRT
 <213> ORGANISM: Artificial Sequence
 <220> FEATURE:
 <223> OTHER INFORMATION: VH1-D2.N heavy chain variable region CDR3

<400> SEQUENCE: 35

Val Ser Tyr Leu Ser Thr Ala Ser Ser Leu Asp Asn
 1 5 10

<210> SEQ ID NO 36
 <211> LENGTH: 321
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<400> SEQUENCE: 36

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cggttcagtg gcagtggatc tgggacagat ttcaactctca cc当地cagcag cctacagcct	240
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<210> SEQ ID NO 37
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gcggactctg tggagggccg attcaccatc tccagagaca acgccaagaa ctccctgtat	240
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agt	363

What is claimed:

1. A multiple-variable dose method for treating idiopathic inflammatory bowel disease in a human subject in need thereof, comprising subcutaneously administering to the human subject:

a first dose of 160 mg of adalimumab administered to the human subject within a day; and

a second dose of 80 mg of adalimumab administered to the human subject within a day, wherein the second dose is administered two weeks following administration of the first dose.

2. The method of claim 1, wherein the method further comprises administering to the human subject a subsequent

subcutaneous injection of 40 mg of adalimumab two weeks following administration of the second dose.

3. The method of claim 2, wherein the method further comprises administering to the human subject additional subsequent subcutaneous injections of 40 mg of adalimumab, wherein the subsequent subcutaneous injections are administered two weeks apart.

4. A multiple-variable dose method for treating idiopathic inflammatory bowel disease in a human subject in need thereof, comprising subcutaneously administering to the human subject:

a first dose of 160 mg of adalimumab administered as a set of four injections of 40 mg of adalimumab administered to the human subject within a day; and